

**A Newsletter for the
Families of Louis Brier Residents from
the Resident Care Team**

Volume 4 Number 1, April 2006

A healthy and happy Passover to all!



As Passover approaches, we will be gathering information from each resident and/or family member about their plans for the Seder meals to be held on Wednesday, April 12th and Thursday, April 13th, 2006.

You can find sign-up sheets at each nursing station to indicate your plans for each night. **Please sign up!** Recreation staff will also be approaching residents and calling family members to find out what residents are doing.

Here's the important information:

1. For Intermediate care, there will be an early sitting both nights at 4:45 pm followed by a 7:00 pm Seder.
2. The EC dining room will be open on Wednesday, April 13th.
3. For Extended Care and Special Care, there will be a Mini Seder for residents and family members from EC and SCU ONLY on the second night (Thursday April 13th). This Mini Seder will begin at 3:30 pm and be held in the EXTENDED CARE DINING ROOM. That night, residents who normally eat in the EC Dining Room may receive a tray in their rooms if they do not celebrate Passover.
4. Residents from any area may attend one or both Seders and invite guests (please indicate number of guests). The Seder meal for a guest is \$20.00.

Don't Forget - PLEASE LET YOUR NURSE, PATRICIA LIPOVETSKY OR SHARON PARKER KNOW WHICH PASSOVER SEDER YOU WILL BE ATTENDING AT LOUIS BRIER AND WHICH SEDER YOU WILL BE GOING OUT FOR.

Year of the Care Aide

What is the "Year of the Care Aide"

This is a unique and new care aide support and education initiative. This year ten education modules have been offered to care aides. These focus on the foundations of good basic care. Care Aides who complete all 10 modules plus do an hour of mentoring or teaching to another care aide will be awarded a *Certificate of Recognition*. The 10 modules are:

1. Infection control and hand washing
2. Safe transfers and movement of residents
3. "Eat Safe" and effective feeding practices
4. Enhanced bathing practices
5. End of Life/Palliative Care
6. Elder abuse prevention and recognition
7. Team work and problem solving
8. Effective resident assessment and nurse communication
9. Oral health and dental care
10. Understanding dementia, depression and delirium

Who are our Care Aides?

We at Louis Brier and the Weinberg are very fortunate to have many skilled and talented care aides. Being a care aide is a difficult and often stressful job. It involves the daily care of residents. Because we entrust the care of our residents to care aides it makes it one of the most important jobs. All of our residents are frail and many are ill. Their care requires that care aides be sensitive to their needs and know how to handle and care for the frail elderly.

*The Dr. Irving and Phyllis Snider Campus for Jewish Seniors
Site of the Louis Brier Home & Hospital and the Weinberg Residence*

Many of our care aides have worked here for many years and are devoted to their jobs and the residents. The average age of our care aides is approximately 40 years of age. Therefore they bring much knowledge, education and skill to the job!

Innovations and Change

At the request of the care aides the following changes have been made. These are:

- ☑ Plans are in the works to upgrade the bathing rooms.
- ☑ More towels and bathing products have been placed in the bathing rooms.
- ☑ Vinyl gloves instead of the previous sandwich gloves are now being used for personal care of residents.
- ☑ Care aide carts are being introduced into circulation on the units to allow care aides to be better organized as they do their work.
- ☑ More shower and commode chairs have been purchased.
- ☑ Blanket warmers have been requested on the Wish List and donations are coming in!
- ☑ Monthly care aide meetings are being held.
- ☑ More micro-san units have been placed in the corridors.

What they say...

Care Aides have said this is one of the first education programs that really addresses their needs while also appreciating their expertise and knowledge. Even when they have already known the information, many care aides have said it is good to be reminded again or to see things in a new way.

Residents and Families Speak...

Many families have said they are glad we are offering this opportunity to our care aides and would like to see more future initiatives that are aimed at the professional development and support of the care staff at Louis Brier.

What other staff say about the Care Aides...

Social Work has said what an excellent idea this program is - that we are recognizing our care aides and helping them succeed in this challenging and rewarding job.

COME AND CELEBRATE

April 28th, 2006 from 2:00 to 3:00 pm
Upstairs Dining Room
CARE AIDE RECOGNITION EVENT
Everyone is welcome!

Palliative Care Education

February to April 2006 has been an exciting time at the Louis Brier. Dr. Bev Spring, Medical Leader of the Vancouver Home Hospice Program, and Assistant Professor, Department of Family Practice, University of British Columbia, and Mark Turris, RN, MSN, Clinical Nurse Specialist for Palliative Care in Vancouver Residential Facilities developed a series of education modules on Palliative Care for our Nurses and Interdisciplinary Team members. These workshops covered Pain Management, Other Symptom Management, and End of Life Decision Making.

The Interdisciplinary Team is actively working to develop a Palliative Care Program at the Louis Brier and Weinberg that addresses the needs of the palliative residents, their families and the staff.

Students in our Midst

Rehabilitation: The Rehabilitation Services Department of Louis Brier Home & Hospital and Weinberg Residence has two Rehabilitation Assistant students from Capilano College. This is their first practicum lasting 5 weeks from Monday, March 20th until Friday, April 21st, 2006. Lindsay Sinanan is doing her practicum with Elana and Kim in the Weinberg Residence. Caroleigh Collier is doing her practicum with the team in Louis Brier. Please join us in welcoming them to our Home.

Music Therapy: We welcome our Music Therapy practicum student on Mondays from Capilano College, Benilda Formosa. Benilda is observing as well as assisting with programs in the Special Care Unit, the Weinberg Multi Level Care Unit, and Intermediate Care and is under

the supervision of Music Therapists Leah Rosling and Debra Stern.

Volunteer Program

With Passover approaching we would like to thank all of the community members, family members and volunteers who will be spending Passover with our residents, helping to create a “haimish feeling” at the Seders and throughout the week.

Many family members and friends of residents help enrich the quality of our programs on a daily basis. They participate in many programs and special events including: Auxiliary, Gift Shop, Recreation Programs. Special Events, Outings, Bingo and Pet visits. Family members are always welcome to join us for many of our programs, such as weekly Oneg Shabbat, Musical Concerts, Choir Practice (Tuesdays) Movie nights (Mondays) and the monthly Rosh Hodesh Women’s Study Group offered by Rabbi Laura Duhan Kaplan. Please check our monthly schedules for specific dates and times.

With the Maccabi Games approaching, many of the participating teens have chosen to do their volunteer hours at the Snider Campus. For the next few months you will see them visiting residents, delivering the mail, helping out with our Oneg Shabbat, and calling Bingo. During the Games in August we look forward to meeting many more of the participating students during the Days of Caring and Sharing, August 13-18, when 1200 teens will be offering their talents and skills at many venues in town.

Family Information and Education Evenings.

Louis Brier Home and Hospital is pleased to offer regular Information Evenings for Families and Friends of the residents.

We recently held an evening entitled “The Scoop on Poop” where Patti Bonisteel, RDN, the Extended Care Dietitian presented on nutrition in the elderly. It was very interesting and generated much discussion. Thanks, Patti!

MARK YOUR CALENDARS NOW!

The next Family Information sessions will focus on and be held on:

- ✧ *Kanee Lecture*, Care of Relatives with Dementia, Beth Israel Synagogue, Thursday, May 4th, 7 pm.
- ✧ *Geriatric Dentistry, State of the Art*, Thursday May 25th 7 pm, in the upstairs Dining Room
- ✧ *Palliative Care*, Wednesday, October 25th 7 pm in the upstairs Dining Room
- ✧ *The Biography Project*, date TBA
- ✧ *The Extended Care Environment* including appropriate stimulation for residents, date TBA
- ✧ *Stress Management*, date TBA.

Watch for updates on postings around the building and by email invitation. If you are interested in a specific topic, please let Debbie Litvack know (dlitvack@louisbrier.com or 604.261.9376 x 231) and we can add it to the schedule.

Biography Program

Every life is a story, but the care providers at Louis Brier don’t always have the opportunity to know our residents’ full life story. The Biography Project is a pilot project to determine whether knowing residents’ life stories gives care providers better insight into who residents are, as individuals. The hope is that care providers who have access to resident biographies will be able to tailor their care to the specific needs of each individual resident. We also hope that the biographies will be important historical documents of Jewish life, and that family members - children and grandchildren, will treasure them.

Published author and poet Rachel Rose is meeting with approximately 30 residents and their family members and developing written biographies.

The Biography Project is designed to help residents. Each participant will have a chance to approve the final biography and make sure that it accurately reflects them. We are very pleased

to have received a grant from the Vancouver Jewish Foundation for this very valuable project.

Extended Care Unit Rejuvenation Program

Have you noticed some changes in the Extended Care Lounges recently?

The upstairs lounges are undergoing a metamorphosis...and we're in the cocoon stage: By moving around a few pieces of furniture, the living areas are brighter with more natural light and there is more space, creating an atmosphere that invites relaxation.

Evidence suggests that environment plays a huge role in the emotional and psycho-social well-being of individuals living in a facility. Research shows that a more calming environment can have a positive impact on the resident's quality of life. The Team at Louis Brier is working to create an atmosphere that is more home-like and conducive to family's and friends' visits. Our goal is to increase and improve meaningful engagement.

The next stage of development includes a fresh coat of paint; large leafy plants to create small areas for visits and activities; a stereo system; and a shelf filled with materials and activities for our residents. Written information will be available outlining communication strategies as well as ideas for activities that are relevant to the resident's cognitive level.

We welcome your input regarding these developments as we all seek to improve the environment for those who live here.

New Programs

Rabbi Shimi will be providing a new weekly program for residents that will be most enlightening and educational for all. Please join us on Friday mornings at 10:30 am in the Homeside Lounge for "**Parsha of the Week**" where Rabbi Shimi will discuss the Torah portion

of the week and its implications for our daily lives.



On two Tuesday mornings a month at 10:30 am, we will be enjoying a new program called "**Laughter is the Best Medicine**". We all know it's true, so residents are encouraged to bring all their funniest jokes and stories and share them with friends.

We will be sending our bus with interested residents to Carol Channing's talk at the Orpheum on Wednesday, April 27th at 6:30 pm, so make sure your relative signs up!

Yom HaShoah 25 April, 2006

Sunday, 23 April, 2006:

12:00 Memorial for Yom HaShoah at Shara Tzedek Cemetery

Tuesday, 25 April, 2006:

9:15 AM: Synagogue Services at LBHH

2:30 PM: Memorial Service at LBHH

7:30 PM: Yom HaShoah Community wide commemorative evening at JCC

Yom Hazikaron L'shoah V'l'giborah, or Holocaust Martyrs' and Heroes' Remembrance Day, takes place on the 27th of Nisan. It is often known simply as Yom HaShoah; "shoah," Hebrew for destruction, and is another name for the Holocaust. This day commemorates the six million Jews who died during the Holocaust. In Israel, a morning siren sounds, stopping all activity; people stand in honour of those who died. Jews around the world hold memorials and vigils, often lighting six candles in honor of the six million victims.

Pastoral Care Project

At Louis Brier Home and Hospital over the past five years, the physical, emotional and cognitive challenges of our residents have become increasingly more complex. As a result of these challenges, the spiritual needs of our residents and family members have also increased and become more pressing. With the addition of the Weinberg Residence to the Campus, the number of Jewish elderly we serve has also grown considerably.

What We Have:

We are fortunate to have our own synagogue, the Chava and Abrasha Wosk Synagogue, which provides daily, Shabbat and all holy day services. Even more so, we have the good fortune to have our wonderful volunteer resident Ralph Rosenberg and a body of committed volunteers who run these services and provide some spiritual support to mourners and those residents who attend synagogue on a regular basis. Our staff is also trained to attend to the spiritual needs of our residents in day to day interactions. Rabbis from the community visit residents from their congregations as well as provide rabbinical visits to residents when requested. Some lay leaders and rabbis also provide occasional programming such as Oneg Shabbat, synagogue services and festival services such as Passover, Sukkot, and Tu B'Shvat. Every effort is made to pay respect to the multi-faceted ways in which our residents have observed holidays and traditions throughout their lives.

What We Need:

The need, however, for a more comprehensive spiritual program of services is evident. As more of our residents and family members are forced to cope with the vast array of losses due to chronic illness, grief and bereavement, they need consistent spiritual guidance and comfort. The Culture and Recreation Department and the Social Workers, along with the support and assistance of the interdisciplinary team, have been the main contacts with the spiritual leadership in the community. Our residents and Home now require an increased commitment and organizational system from the community.

We were thrilled to be awarded a grant from the Vancouver Jewish Foundation to complete a comprehensive needs assessment of our current and future residents, and a review of the available community resources, to develop a plan for a comprehensive chaplaincy program, and to implement this plan. We will keep you posted on our project.

UBC Geriatric Dentistry Program

Over the course of this year we have introduced the UBC Geriatric dentists to our residents. The UBC Dentistry Program has provided Care Aide education, consultation, and advice to our care teams. They have assessed our aging dental equipment, and developed a comprehensive plan for furnishing a functional dentistry office in the Extended Care Treatment Room. We are looking for donors to help us implement the changes that we know we need, to make this office suite functional for our residents. We are very happy with the flexibility and openness of the UBC dentist Dr. Chris Clark and dental hygienists who come regularly to assess and treat our residents. We are also grateful to Janice Williams who has provided inspiring education to the Care Aides. If you would like to join this dentistry program, please talk to your Social Worker.

The UBC dentists have told us some interesting things. Did you know that soaking dentures is no longer standard or recommended practice? On May 25th at 7pm we are having a Family Education Evening with Dr. Chris Clark. Mark the date in your calendar!

Opportunity Knocks...

April 28th is Annette Garm, our Clinical Nurse Specialist and Educator's last day. Annette has accepted the position of Manager of Residential Care at Delta Hospital. As part of the Nursing Leadership Team Annette has accomplished many things while here - here are a few: It was under Annette's tutelage that 10 of our nurses participated in 'classes' and then wrote their Canadian Nurses Association Gerontology Certification Examination. For the Care Aides, Annette developed and taught the Year of the

Care Aide education modules. For the Nursing and Interdisciplinary Team Annette was instrumental in bringing Dr. Bev Spring and Mark Turriss to Louis Brier to trial their Palliative Care Education Program for Long Term Care. Annette has also led the Pixalere Wound Care project. It will be very difficult to replace Annette!

**Please join us for
Tea
In the Staff Lounge
Wednesday, April 26th
2:30-3:30 pm**

To say *THANK YOU* to Annette!

Weinberg Residence

The Weinberg Residence is pleased to report that it has a warm and cuddly new resident – Tawny the cat. Tawny was graciously given to the Residence by Ron and Brenda Appleton. Tawny is making her home base in our Multi-Level Care Unit and she is already giving and receiving a lot of love.

Passover is quickly approaching and Weinberg will be holding two Seders – Wednesday, April 12th and Thursday, April 13th. Families and friends are welcome to join residents for the festivities. To reserve a spot please contact Reception at (604) 261-9622. Each visitor will cost only \$20!

The Multi-Level Care Unit is still offering five residency options: Long-Term Stay, Respite Care, Palliative Support, Convalescent Care and Out of Town Stay. For further information or a personal tour please contact Vanessa Trester, Leader, Weinberg Residence at (604) 261-9622 ext.356 or vtrester@weinbergresidence.com.

THANK YOU Irwin Vinegar!

The Rehabilitation Services Department of Louis Brier Home and Hospital and Weinberg Residence wishes to thank Irwin Vinegar and family for their recent donation of several Gerichairs and Tilt Wheelchairs. As our need increases for the features that Tilt Wheelchairs provide, this donation is greatly appreciated.

We are sincerely grateful for the Vinegar family's ongoing and generous support of our facility and the difference they make to our resident's quality of life.

Summer's Coming and with it the *heat*

If you would like to rent an Air Conditioning Unit for your room at the Louis Brier, please see Reception. They will ask you to fill out the request form and sign a Contract. Air Conditioning units rent at \$275 a season. If you are living in the Weinberg Residence, please see Weinberg Reception or Vanessa Trester.

The Louis Brier 60th Birthday Party

On Sunday May 7th the Chai Folk Ensemble of Winnipeg will be giving a sold-out concert at the Stanley Theatre to celebrate the Louis Brier's 60th Birthday. We are also having a fantastic free educational event that all are welcome to attend. The Kanee family has established a Fund with our Foundation to support education on family care of relatives with dementia and we are thrilled to host a panel discussion with three marvelous University of British Columbia faculty from three disciplines, who are experts in dementia – Medicine, Nursing, and Social Work.

*Kanee Memorial Lecture & Panel Discussion
As part of the Louis Brier Home and Hospital 60th*

Birthday Celebrations

Thursday May 4, 2006

7-9 PM

Beth Israel Synagogue

Treatment and Caring for Persons with Dementia:

Past, Present, and Future

with UBC Professors,

Drs. Howard Feldman, Deborah O'Connor &

Joanne Perry.

RSVP Preferred @ 604.261.9376 Ext. 0

Audience: Health Care Providers, Family Members,

Health Educators, General Public

Refreshments will be served.

Reaching us... Reaching you... EMAIL If you would like to be on our email list, please email dlitvack@louisbrier.com.